

### Statistics Report 35136, Cornmeal, white (Navajo)

Report Date: July 16, 2017 13:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water <a href="#">1</a>	g	5.42	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	398	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	1665	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein <a href="#">1</a>	g	10.99	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) <a href="#">1</a>	g	5.04	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash <a href="#">1</a>	g	1.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	77.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary <a href="#">1</a>	g	10.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sugars, total <a href="#">1</a>	g	1.46	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Sucrose <a href="#">1</a>	g	1.16	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glucose (dextrose) <a href="#">1</a>	g	0.18	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fructose <a href="#">1</a>	g	0.11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Maltose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Galactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Starch <a href="#">1</a>	g	60.46	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca <a href="#">1</a>	mg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Iron, Fe <a href="#">1</a>	mg	3.79	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Magnesium, Mg <a href="#">1</a>	mg	125	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Phosphorus, P <a href="#">1</a>	mg	280	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Potassium, K <a href="#">1</a>	mg	443	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sodium, Na <a href="#">1</a>	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Zinc, Zn <a href="#">1</a>	mg	3.24	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Copper, Cu <a href="#">1</a>	mg	0.219	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Manganese, Mn <a href="#">1</a>	mg	0.646	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin <a href="#">1</a>	mg	0.310	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin <a href="#">1</a>	mg	0.137	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Niacin <a href="#">1</a>	mg	2.800	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <a href="#">1</a>	mg	2.490	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 <a href="#">1</a>	mg	0.583	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total <a href="#">1</a>	µg	32	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folic acid <a href="#">1</a>	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2009
Folate, food <a href="#">1</a>	µg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Folate, DFE	µg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.37	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma <a href="#">1</a>	mg	5.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta <a href="#">1</a>	mg	0.52	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lipids													
Fatty acids, total saturated	g	0.853	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004

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8:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
10:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
12:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
14:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:0 <a href="#">1</a>	g	0.671	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:0 <a href="#">1</a>	g	0.133	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:0 <a href="#">1</a>	g	0.029	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
22:0 <a href="#">1</a>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	1.532	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated <a href="#">1</a>	g	1.515	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:1 <a href="#">1</a>	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	2.078	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated <a href="#">1</a>	g	2.024	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated <a href="#">1</a>	g	0.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.054	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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18:3 n-6 c,c,c <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Amino Acids													
Tryptophan <a href="#">1</a>	g	0.070	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Threonine <a href="#">1</a>	g	0.345	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Isoleucine <a href="#">1</a>	g	0.404	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Leucine <a href="#">1</a>	g	1.375	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lysine <a href="#">1</a>	g	0.319	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Methionine <a href="#">1</a>	g	0.258	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Cystine <a href="#">1</a>	g	0.217	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phenylalanine <a href="#">1</a>	g	0.543	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tyrosine <a href="#">1</a>	g	0.412	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Valine <a href="#">1</a>	g	0.554	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Arginine <a href="#">1</a>	g	0.474	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Histidine <a href="#">1</a>	g	0.292	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Alanine <a href="#">1</a>	g	0.836	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Aspartic acid <a href="#">1</a>	g	0.724	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glutamic acid <a href="#">1</a>	g	2.043	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glycine <a href="#">1</a>	g	0.399	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline <a href="#">1</a>	g	0.906	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Serine <a href="#">1</a>	g	0.510	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Sources of Data  
<sup>1</sup>Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD